



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

□□□□

Adolf, Daniel

□□: Blau-Weiß Hettstedt

□□: 395

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W20

□□□: 3:15:36

□□: 8.04 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 317 (of 370)

□□□□□/□: 42 (of 53)

□□□□□□: 2:03:07

□□□□□: 3(of 5)

□□□□□□□: 2:16:59

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:38	6:51	4	6:38	41	8:19	3.30	22:38	6:51	3	6:17	16	
Schlüsie	3.10	26:50	8:39	3	8:30	45	10:47	6.40	49:28	7:43	3	14:31	16	0:15
Hermannsklippe	2.60	22:20	8:35	3	6:31	42	9:02	9.00	1:11:48	7:58	3	21:02	16	
Brocken	3.10	35:23	11:24	3	8:42	34	12:57	12.10	1:47:11	8:51	3	29:41	16	1:13
Eiserner Handwe	3.60	25:04	6:57	5	8:40	46	9:26	15.70	2:12:15	8:25	3	38:21	16	
Schlüsie	4.00	23:08	5:46	3	7:38	43	8:16	19.70	2:35:23	7:53	3	45:59	20	10:27
Loddenke	3.20	19:36	6:07	3	5:57	42	6:43	22.90	2:54:59	7:38	3	51:56	16	2:59
Ilsenburg/Markt	3.30	20:37	6:14	3	6:41	42	6:59	26.20	3:15:36	7:27	3	58:37	42	1:12:29